

September 20, 2021

Press Release

## **RED CROSS: DONATING BLOOD ALSO BENEFITS YOUR MENTAL HEALTH**

While the ongoing COVID-19 pandemic has made it more difficult to access safe blood; and blood products, there will always be a need for blood. Blood and blood products are a critical part of medical care that includes surgeries, medical procedures, cancer treatments, and managing diseases and disorders. This is why the Philippine Red Cross (PRC), led by Senator Dick Gordon encourages more Filipinos to donate blood, and help save lives.

By donating blood, you will not just be saving a life, but it would enhance your mental health as well. Here are the unexpected benefits of donating blood;

Reducing stress

Enhancing emotional well-being

Minimizing negative thoughts and feelings

Providing a sense of belonging and reducing feelings of social isolation

As Dr. Tedros Adhanom Ghebreyesus, Director-General of the World Health Organization says, "The COVID-19 pandemic is reminding us once again that mental health is just as important as physical health." One way we can help enhance this is by donating blood as it not only helps you save lives, it also helps in boosting your mental health in the process.

But aside from the mental health benefits of donating blood, don't forget who you're really helping: A single donation can save the lives of up to four people.

"Hindi tumitigil ang pangangailangan ng dugo. Donate blood and save lives," urged Chairman and CEO Sen. Richard Gordon.

The PRC, which has over 98 blood facilities as of September 2021, provides 50% of blood needs in the country, making it the top provider of quality blood in the Philippines.

For blood inquiries, contact NATIONAL BLOOD CENTER (PRC TOWER) 37 EDSA corner Boni Avenue, Mandaluyong City

Tel: (02) 790-2330; (02) 790-2382; (02) 790-2383 or the PRC Chapter nearest you.

For urgent requests, call 143